## Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

- 1. (Canceled)
- (Previously presented) The method of claim 6 wherein said composition is administered intranasally over a period of about five to fourteen days and then discontinued, providing at least many weeks worth of continuing pain diminishment thereafter.
- (Previously presented) The method of claim 2 wherein said painful disorder is selected from the group consisting of headache, neuralgia, and neuropathy.
- 4. (Previously presented) The method claim 6 wherein said composition is administered topically to the skin over a short period of about two weeks to several months and then discontinued, providing at least many weeks or months worth of continuing pain diminishment thereafter.
- (Previously presented) The method of claim 4 wherein said painful disorder is selected from the group consisting of arthritis, neuralgia, and neuropathy.
- (Previously presented) A method of providing relatively long term diminishment of pain comprising
- (a) administering over a relatively short period a composition of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001% to 1% (weight/weight) in a pharmaceutically acceptable vehicle, to achieve diminishment of pain,
  - (b) discontinuing said treatment of step (a) for a relatively long period, at least some

diminishment of pain continuing through this period, and

- (c) repeating steps (a) and (b) at least once and thereafter as needed for treatment of pain.
- (Previously presented) A method of providing relatively long term diminishment of pain comprising
- (a) intranasally administering over a period of about five to fourteen days a composition of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001 % to 1% (weight/weight) in a pharmaceutically acceptable vehicle, to achieve diminishment of pain,
  - (b) discontinuing said treatment of step (a) for a period of at least about three to six weeks, at least some diminishment of pain continuing through this period, and
    - (c) repeating the treatment of steps (a) and (b) upon the return of the pain.
- (Previously presented) The method of claim 7 wherein said pain is associated with a disorder selected from the group consisting of headache, arthritis, neuralgia, and neuropathy.
- (Previously presented) A method of providing relatively long term diminishment of pain form arthritis, neuralgia, or neuropathy comprising
- (a) topically administering over a period of about two to four weeks a composition comprising civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001% to 1% (weight/weight) in a pharmaceutically acceptable vehicle, to achieve diminishment of the arthritis, neuralgia or neuropathic pain,

- (b) discontinuing said treatment of step (a) for a period of at least about two to four months, at least some diminishment of pain continuing through this period, and
  - (c) repeating the treatment of steps (a) and (b) upon the return of the pain.